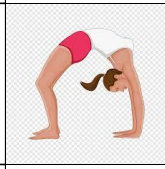
Sanskrit Name	English Name	Other commons names	Position	Pose Family	Chakras	Type of energy	Picture
Adho Mukha Svanasana	Downward Facing Dog Pose	Down Dog Pose	Standing / Inverted	Forward Bend - Standing	Vishudda - Anahata - Manipura	Cooling	
Adho Mukha Vrksasana	Handstand Pose	Handstand Pose - Downward Facing Tree Pose	Inverted	Strength - Inversion - Arm balance	Sahasrarara - Visshudha	Energizing	
Anjaneyasana	Crescent Low Lunge Pose	Crescent Low Lunge, Low Lunge, Crescent Moon, Dragon Flying Low	Standing	Back-Bend - Hip opener	Muladhara - Swadisthana - Manipura	Energizing	
Anuvittasana	Standing Backbend	-	Standing	Backbend	Manipura - Anahata	Energizing	
Apanasana	Wind Release Pose	-	Reclined / Supine	Forward bend	Muladhara - Swadisthana - Manipura	Cooling	
Ardha Chandra Chapasana	Sugarcane Pose	Candy Cane Pose - Half Moon Bow Pose - Half Moon variation	Standing	Standing balance	Mulhadara - Swadisthana	Energizing	
Ardha Chandrasana	Half moon Pose	-	Standing	Standing balance	Muladhara - Swadisthana - Manipura	Energizing	

Ardha Matsyendrasana	Half Lord of the Fishes Pose	Seated Twist Pose	Sitting	Twist	Muladhara - Swadisthana - Manipura	Energizing	
Ardha Padma Vrksasana	Half Lotus Tree Pose	-	Standing	Standing balance - Hip opener	Swadisthana - Manipura	Energizing	
Ardha Uttanasana	Half Standing Forward Fold	Urdhva Uttanasana - Half Standing Forward Bend	Standing	Forward bend	Muladhara - Swadisthana - Manipura	Cooling	
Ashtanga Namaskara	Eight Limbed Pose	Ashtangasana, Knees Chest Chin Pose	Reclined/ Prone	Strength	Muladhara - Swadisthana - Manipura	Energizing	
Baddha Konasana	Bound Angle Pose	Bhadrasana, Cobbler Pose, Butterfly Pose	Sitting	Hip opener	Muladhara - Swadisthana - Manipura	Cooling	
Baddha Padmasana	Bound Lotus Pose	-	Sitting	Hip opener	Muladhara - Swadisthana	Cooling	
Bakasana	Crow Pose	Crane Pose / Kakasana	Inverted	Strength - Arm balance	Manipura	Energizing	
Balasana	Child Pose	-	Kneeling	Forward bend	Muladhara - Sahasrara	Neutralizer	

Camatkarasana	Wild Thing Pose	Flipped Dog Pose, Dancing Dog Pose	Facing up	Backbend - Strength - Arm balance	Manipura - Anahata- Vishudha -	Energizing	
Chakrasana	Wheel Pose	Urdhva Dhanurasana, Upward Bow Pose	Facing up	Backbend	Manipura - Anahata	Energizing	
Chakravakasana	Cat Cow Pose	Bitilasana Marjaryasana	Kneeling	Forward-Bend - Back-Bend	Muladhara - Swadisthana - Manipura	Neutralizer	
Dandasana	Staff Pose	Stick Pose	Sitting	Forward fold	Muladhara - Swadisthana	Neutralizer	
Deviasana	Goddess Pose	Utkata Konasana, Fierce Angle Pose, Victory Squat Pose	Standing	Hip-opener- Strength	Muladhara - Swadisthana - Manipura	Energizing	
Dhanurasana	Bow Pose	-	Reclined / Prone	Backbend	Muladhara - Swadisthana - Manipura	Energizing	
Eka Pada Galavasana	Flying Pigeon Pose	-	Semi inverted	Strength - Arm balance	Manipura	Energizing	
Eka Pada Rajakapotasana II	The One Legged King Pigeon Pose	-	Sitting	Backbend - Hip opener	Swadisthana - Manipura - Anahata	Cooling	

Garba Pindasana	Embryo Pose	Garbhasana, Fetus Pose, Flower Pose	Sitting	Hip opener- Forward bend	Swadisthana	Cooling	
Garudasana	Eagle Pose	-	Standing	Standing balance	Muladhara - Swadisthana	Energizing	
Halasana	Plow Pose	-	Reclined / Supine	Inversions	Manipura - Vishudha - Sahasrara	Cooling	
Janu Sirsasana	Head to knee Pose	Head to knee forward bend	Sitting	Forward Fold	Muladhara - Swadisthana	Cooling	
Karnapidasana	Ear Pressure Pose	-	Reclined / Supine	Inversion	Manipura - Vishudha - Ajna -	Cooling	
Kukkutasana	Cock Pose	Rooster Pose	Sitting	Forward fold - Hip opener	Muladhara - Swadisthana - Manipura	Energizing	
Kumbhakasana	Plank Pose	Phalakasana - Santolanasana	Facing down	Strength	Manipura	Energizing	
Malasana	Squat Pose	Upavesasana	Sitting	Hip Opener	Muladhara - Swadisthana	Cooling	

Matsyasana	Fish Pose	-	Reclined/ Supine	Back-Bend , Stretch	Manipura - Anahata - Vishudha	Cooling	
Mukta Hasta Sirsasana	Tripod headstand Pose	-	Inversion	Inversion	Sahasrara	Energizing	
Natarajasana	Dancer´s Pose	-	Standing	Standing Balancing	Muladhara - Swadisthana - Anahata	Energizing	
Padahastasana	Hands to feet Pose	-	Standing	Forward Fold	Muladhara - Swadisthana	Cooling	
Parivrtta Janu Sirsasana	Revolved Head to Knee Pose	-	Sitting	Hip Opener	Muladhara - Swadisthana - Manipura	Cooling	
Parivrtta Malasana	Revolved squat Pose	-	Sitting	Hip Opener	Muladhara - Swadisthana	Energizing	
Parivrtta Parsvakonasana	Revolved Side Angle Pose	Lunge Prayer Twist Pose, Twisted Side Angle Pose	Standing	Twist	Muladhara - Swadisthana - Manipura	Energizing	
Parivrtta Trikonasana	Revolved Triangle Pose	Rotated Triangle Pose	Standing	Twist	Muladhara - Swadisthana - Manipura - Anahata	Energizing	

Parivrtta Utkatasana	Revolved Chair Pose	Twisted Chair Pose	Standing	Twist	Muladhara - Manipura	Energizing	
Parsva Bakasana	Side Crow Pose	-	Semi inverted	Twist - Arm balancing - Strength	Manipura	Energizing	
Parsvakonasana	Extended Side Angle Pose	Utthita Parsvakonasana	Standing	Side Bend	Muladhara - Swadisthana - Manipura	Energizing	
Paschimottanasana	Seated Forward Fold Pose	West Stretch Pose	Sitting	Forward Fold	Muladhara - Swadistana - Manipura	Cooling	
Phalakasana	Plank Pose	Kumbhakasana - Santolanasana	Facing down	Strength	Manipura	Energizing	
Pindasana	Embryo in womb Pose	Embryo Pose in Sho	Reclined /Supine	Inversion - Forward fold	Manipura - Visshudha	Cooling	
Prasarita Padottanasana	Wide-Legged Forwar	Prasarita Padottanasana A, Wide Angle Forward Fold A	Standing	Forward Fold	Muladhara - Swadistana	Cooling	
Purvottanasana	Reverse Plank Pose	Upward Plank Pose, Inverted Plank Pose	Reclined/ Supine	Back-bend - Strength	Manipura - Anahata- Visshudha	Energizing	

Salabasana A	Locust Pose	-	Reclined/ Prone	Back-bend	Swadisthana - Manipura - Anahata	Energizing	
Salamba Bhujangasana	Sphinx Pose	Niravalasana	Reclined/ Prone	Back-bend	Swadisthana - Manipura - Anahata	Energizing	
Salamba Sarvangasana	Shoulder Stand Pose	Sarvangasana	Reclined / Supine	Inversion	Manipura - Visshudha	Cooling	
Shavasana	Corpse Pose	Savasana	Reclined/ Supine	Reclining	Muladhara - Swadisthana - Manipura - Anahata - Visshudha - Ajna -	Neutralizer	
Setu Bandhasana	Bridge Pose	Setubandha Sarvang	Reclined / Supine	Backbend	Manipura - Anahata - Visshudha	Cooling	
Sirsasana	Headstand Pose	Salamba Sirsasana	Inverted	Inversion - Strength	Visshudha - Ajna - Sahasrara	Energizing	
Skandasana	Half Squat Pose	Wide legged squat o	Sitting	Hip opener	Muladhara - Swadisthana	Energizing	
Sukhasana	Easy Pose	-	Sitting	Hip opener	Muladhara - Swadisthana	Neutralizer	

Supta Baddha Konasana	Reclining Bound Angl	-	Reclined / Supine	Reclining	Swadisthana	Cooling	
Supta Konasana	Reclining Angle Yoga	-	Reclined /Supine	Inversion - Hip opener	Muladhara - Swadisthana - Manipura - Anahata - Visshudha - Ajna -	Cooling	
Supta Vakrasana	Spinal Twist	Merudandasana, Jathara Parivrtti, Supta Parivartanasana, Supta Matsyasana	Reclined /Supine	Twist	Manipura	Cooling	
Supta Padangusthasana A & B	Reclined Big Toe Pos	-	Reclined /Supine	Forward Fold - Hip opener	Muladhara - Swadisthana	Cooling	
Tadasana	Mountain Pose	Samasthiti, Equal Standing Pose, Prayer Pose	Standing	Standing	Muladhara	Neutralizer	
Trikonasana	Triangle Pose	Utthita Trikonasana	Standing	Standing - Side bend	Muladhara - Swadisthana	Energizing	
Ubhaya Padangusthasana	Both Big Toe Pose	Double Toe Hold, Ba	Sitting	Forward Fold	Muladhara - Manipura	Energizing	
Upavistha Konasana A	Wide Angle Seated F	Seated Straddle Pos	Sitting	Forward Fold - Hip opener	Muladhara - Swadisthana	Cooling	

Upavistha Konasana B	Upward Seated Strad	Merudandasana, Urd	Sitting	Forward Fold - Hip opener	Muladhara - Swadisthana - Manipura	Cooling	
Urdhva Dhanurasana	Wheel Pose	Chakrasana, Upward Bow Pose	Facing up	Backbend	Manipura - Anahata	Energizing	
Urdhva Mukha Paschimottanasana	Upward Facing Intens	-	Sitting	Forward Fold	Muladhara - Manipura	Energizing	
Urdhva Mukha Svanasana	Upward Facing Dog Pose	Up Dog Pose	Reclined/ Prone	Backbend	Swadisthana - Manipura - Anahata	Energizing	
Urdhva Padmasana	Upward Lotus Pose	-	Reclined / Supine	Inversion	Manipura - Visshudha - Ajna	Cooling	
Ushtrasana	Camel Pose	-	Kneeling	Backbend	Manipura - Anahata - Visshudha	Energizing	
Utkata Konasana	Goddess Pose	Victory Squat Pose	Standing	Standing - Hip Opener	Muladhara - Swadisthana - Manipura	Energizing	
Utkatasana	Chair Pose	-	Standing	Standing	Muladhara - Manipura	Energizing	

Utpluthih	Scales Pose	Pendant Pose, Lolas	Sitting	Arma Balancing - Hip Opener	Muladhara - Swadisthana - Manipura	Energizing	
Uttana Padasana	Raised Legs Pose	-	Reclined/ Supine	Backbend	Swadisthana - Manipura - Visshudha - Sahasrara	Cooling	
Uttana Shishosana	Puppy Dog Pose	Anahatasana, Meltin	Reclined /Prone	Forward Fold	Anahata - Visshudha	Cooling	
Uttanasana	Standing Forward Fol	Intense Forward Stre	Standing	Forward Fold	Muladhara - Swadisthana - Manipura	Cooling	
Utthan Pristhasana	Lizard Pose	-	Standing	Hip opener	Muladhara - Swadisthana - Manipura	Energizing	
Utthita Ashwa Sanchalasana	Lunge Pose	-	Standing	Standing	Muladhara - Swadisthana	Energizing	
Utthita Tadasana	Star Pose	Five Pointed Star Po	Standing	Standing	Muladhara - Swadisthana	Energizing	
Vasistasana	Side Plank Pose	-	Side way	Strength - Arm balancing	Manipura	Energizing	

Viparita Virabhadrasana	Reverse Warrior Pose	Urdhva Virabhadrasana	Standing	Standing	Muladhara - Swadisthana - Manipura	Energizing	
Virabhadrasana I	Warrior I Pose	-	Standing	Standing	Muladhara - Swadisthana - Manipura - Anahata	Energizing	
Virabhadrasana II	Warrior II Pose	-	Standing	Standing	Muladhara - Swadisthana - Manipura	Energizing	
Virabhadrasana III	Warrior III Pose	-	Standing	Standing Balancing	Muladhara - Swadisthana - Manipura	Energizing	
Yoga Mudra	Psychic Union Pose	-	Sitting	Forward Fold - Hip opener	Swadisthana - Manipura - Ajna - Sahasrara	Cooling	